

## Making the Move to 1% Low Fat or Fat Free Milk

- Children over 2 years of age should drink 1% low fat or fat free milk. It is a great age to make the switch.
- Children like to do what their parents do. 1% lowfat milk is good for the entire family. Fat free milk is even better!
- Switching to 1% low fat milk is easier when the child is younger because they are less likely to notice the difference in taste.
- Make a gradual switch in the milk you and your family drink. First change to 2% fat for a few weeks, then switch to 1% low fat milk. Later, you can try fat free milk. Your family is more likely to accept the change if you take one step at a time.
- An early switch helps ensure healthy habits for the rest of a child's life.

get the  
**skinny**  
on **1%** milk



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SOUTH CAROLINA

# The Skinny on Milk

## Fat content in milk



Fat free



1%

### **1 cup**

- 100 calories
- 2 grams of fat



2%



Whole

### **1 cup**

- 150 calories
- 8 grams of fat

## The Skinny

- Milk is a good source of calcium, vitamin D and protein.
- The fat in whole milk is saturated fat. This fat is linked to high cholesterol and heart disease.
- Switching to 1% low fat milk from whole milk keeps all the vitamins and minerals but not the fat.

Dairy foods are especially important to build growing bones and teeth. Include 1% low fat milk or fat free milk with meals and snacks – for everyone's good health.

## Why drink 1% low fat milk?

- Children ages 2 and older do not need the extra fat from 2% or whole milk.
- The extra fat and calories in 2% or whole milk can lead to an unhealthy weight and other health problems.
- 2% milk is not low fat milk.
- Drinking two cups of 1% low fat milk vs. two cups of whole milk every day will save 36,500 calories and 4,380 grams of fat in one year.

**That's 10 pounds of fat!**



**Actual size comparison:  
10 pounds of fat and  
a gallon milk jug**

**Remember,** adults who drink 1% low fat milk or fat free milk show children that it is an important healthy habit.